Dr. Patrick Lloyd Accepted as Class Member Of 2003-2004 ADEA Leadership Institute

Dr. Patrick Lloyd, head, Family Dentistry has been accepted to the 2003-2004 American Dental Education Association (ADEA) Leadership Institute. Dr. Lloyd and 20 other dental faculty who are considered the nation’s ‘most promising’ dental faculty will become the fourth class of the ADEA Leadership Institute.

As a Leadership Institute class member, Dr. Lloyd will be attending four meetings during 2003-2004. Meetings will include a legislative workshop, a faculty development workshop and personal, interpersonal and administrative competencies for leadership.

Recent Publications


Reducing Language Barriers for the Dental Patient

In celebration of Human Rights Week, January 21-24, 2003 the College of Dentistry invites faculty, staff and students to participate in the following event:

Friday, January 24, 12:00-1:00 PM Oral B Seminar Room, N212 “Reducing Language Barriers for the Dental Patient”

Pizza and soft drinks will be provided for the first 80 participants.

Dr. Axel Ruprecht Attends Review Committee Meetings for CoDA

Dr. Axel Ruprecht, OPRM, attended a committee meeting at the Commission on Dental Accreditation (CoDA), which was held January 10th in Chicago. Dr. Ruprecht chaired the Review Committee on Oral and Maxillofacial Radiology meeting. He will return to Chicago the end of January to attend a CoDA meeting.

Dr. Ruprecht is the first appointed commissioner for Oral and Maxillofacial Radiology.

Deadline for Submitting Abstracts for the Annual Meeting of the Iowa Section of AADR is January 31, 2003

The deadline for submitting abstracts for the upcoming annual meeting of the Iowa Section of AADR is January 31st. All faculty, staff and students are invited and encouraged to present their research during the meeting, and can do so in the form of an oral presentation, poster presentation or table clinic. Research presented at the local meeting does not have to be research that will be presented at AADR in San Antonio or any other national/international meeting.

Filling Station Notices

The Filling Station now has To-Go containers available.

All Filling Station trays must now remain in the Filling Station area.
Electric Toothbrushes Evaluated

A report from Cochrane Collaboration, a British independent nonprofit group, says that electric brushes with bristles that spin both clockwise and counter-clockwise are superior to regular toothbrushes.

Dr. William Shaw, professor of orthodontics at the University of Manchester, England, said that other electric brushes were only as effective as manual toothbrushes.

Six Cochrane Collaboration reviewers evaluated every published study on electric toothbrushes and also asked manufacturers for any unpublished results. Twenty-nine studies that were considered to be well designed were combined. The resulting data included 2,547 people from North America, Europe and Israel.

Although five types of electric toothbrushes were examined, only the “rotational oscillation” of the Braun Oral-B brush was clearly more effective than manual toothbrushes because it removed 11 percent more plaque and reduced gingivitis by nearly 17 percent. It is estimated that North American consumers spend $700 million annually on electric toothbrushes, which range in price from $7 to more than $80.

The Cochrane Collaboration, following a trend towards “evidence-based medicine,” evaluates medical and dental practices that have never been subjected to careful evaluation. The Cochrane Database of Systematic Reviews is available through InfoHawk by searching Cochrane Library or by going to http://www.lib.uiowa.edu/hardin/ovid.html, clicking on Ovid-Online and scrolling down to EBM Reviews.

January 2003 UI Wellness Monthly Highlight

It is back to work and things may be a little hectic after the holiday lull. If you are feeling muscle tension due to the stress of being “back in the saddle,” let these tips help minimize some of that tension:

• Get adequate sleep. When we sleep, extra oxygen is delivered to the muscles. The oxygen helps break down lactic acid, which can build up in the muscles and cause knots. Sleep also helps the body heal minor muscle tears that can occur during the day.

• Exercise. Aerobic exercise delivers oxygen to muscles much more quickly than when you’re asleep. Exercise also strengthens muscles, which, if weak, can easily be overworked.

• Can the cola. Sodas probably do more to increase muscle tension than any other food or drink. They’re detrimental because they contain caffeine and phosphorus—two elements that rob bodies of calcium, which can cause muscle fibers to “lock” in contracted positions. Too much caffeine also stimulates the nerves that control muscles and can cause them to partly contract and stay that way. Also a diuretic, caffeine saps the body of calcium and magnesium, the most important minerals in muscle function.

• Stay warm. When you get cold, you unconsciously tense your shoulder muscles and pull your shoulders up toward your neck. The contraction of muscle above the shoulders produces heat, but if you’re exposed to cold long enough, you’ll also start to shiver. Both the contraction of the shoulders and the shivering cause lactic acid to build up, creating muscle knots.

• Chill out. You need both a mental and physical break from work in order to relax. If you don’t, tension builds up just as it does when we lack sleep.

• Sit up straight. Slouching requires constant muscle activity, which typically causes muscle tension.

(The January 2003 Wellness Tip of the Month from your friendly College of Dentistry Wellness Ambassador, Vicki Green)